PE 308 Theory and Psychology of Coaching

Chapter 2

Chapter 2 Key Concepts

- Three major objectives are associated with sport – **to win, to have fun, and to facilitate athlete development.**
- Coaches need to keep the role of **winning in perspective**.
- Coaches should also consider their **personal objectives**.

Objective

- What the coach seeks to achieve with the athletes.
- The three major objectives associated with sport – to win, to have fun, and to facilitate athlete development (physical, psychological, and social development).

Coaching Philosophy

- When developing a coaching philosophy, a coach's **second** major task involves two coaching decisions:
  - Identifying coaching objectives
  - Selecting a coaching style

Coaching Objectives

- The three major objectives of sport (to win, to have fun, to facilitate athlete development) compared with society's objectives for sports programs.

- The ambiguity of society's objectives
  - Recreational sports – fun, learning, participation by all
  - Competitive sports – winning, performance, participation by the best

The Winning Philosophy

- **American Sport Education Program motto**:
- *"Athletes First, Winning Second" - simple to state, but not simple to implement!*
- *Oftentimes, demands are placed on a coach to reverse this motto. They are faced with "Winning First, Athletes Second" by others.*
- *Many times, coaches who skillfully help young people become better human beings but fail to win are considered losers.*
- *What's important is not how many games you win, but how many young people you help to become winners in life!*

Bill of Rights for Young Athletes

- Review the ***Bill of Rights for Young Athletes (Figure 2.3)***

- Written for younger children in sports
- Have you ever seen coaches deny athletes these rights?
- Have YOU ever been denied these rights?

- How can you coach to help ensure that each athlete enjoys these rights?

The Winning Philosophy

- **Striving to Win**
- Should be the objective of every athlete and coach within the rules of the game.
- To play sports without striving to win would be dishonest and diminish the joy of playing sports.
- It's the pursuit of the victory, the dream of achieving the goal, more than the goal itself that yields the joy of sports.

The Winning Philosophy

- **Commitment**
- Sports require the type of commitment that often results in great personal accomplishment.
- Sport's great achievements come about when athletes must make an intense commitment to their sport, when only their total concentrated effort may result in winning.
- Even when winning is not guaranteed, but success is.

The Winning Philosophy

- **Ethical Behavior**
- Through sport, young people can develop morally; they can learn a basic code of ethics that is transferable to a moral code for life.
- Moral decisions are often required in competitive sport.
- To make an appropriate moral judgement at the expense of a valued victory is a real test of character, and it is an opportunity to build character.
- This is not obtained through mere participation – coaches who teach and model ethical behavior are also required.

Keeping Winning In Perspective

- ***Striving to win*** in an important objective of any contest, but it is not the most important objective of sport participation.
- It is easy to lose sight of the long-term objectives because the rewards of winning the contest are immediate and powerful.
- Winning or striving to win is never more important than athletes' well-being.
- Coaches must keep their long-term goals in sight not only during practice but in the heat of a contest, not only when their team is winning but when losing as well, not only when they have administrator support but also when being pressured to win.

Keeping Winning In Perspective

- **When winning is kept in perspective, sport programs produce young people who:**
  - Enjoy sports
  - Strive for excellence
  - Dare to risk error to learn
  - Grow with both praise and constructive criticism
  - Accept responsibility
  - Accept others
  - Accept themselves
  - Have fun!

Your Personal Objectives

- In developing your personal coaching philosophy, you need to consider not only your objectives for coaching and those of your sport program but also what you personally want from coaching.
- Why do you want to coach?
- It is entirely appropriate to seek to fulfill your personal objectives in coaching as long as they are not achieved at the expense of your athletes' well-being.
- Remember, ***Athletes First, Winning Second***!